



It
seems like it
was yesterday when
we learned to ride our
bikes **together**,
discovered that we both liked
to dance and speak our language.
It seems like we were
never apart
and everyone knew
we were
**best
friends.** When
we decided to go to school, we made
sure we were going to be roommates.
When you finally landed that first job
after all your hard work, I was the
first to say “**congratulations.**”
When you said you wanted to help the youth on the
reservation, I said, “**Let’s do it together.**”
Then came a time when you told me that you have a
mental health problem, like
depression and **anxiety.** Now I
know that anyone can experience mental health problems,
even **Native People.** We thought we knew
everything, yet I really didn’t **understand** what a
difference my support can make in your recovery.
Well, I am here for you. I **will be** here for you.
And—as always—**we will recover together.**



A Life in the Community for Everyone
SAMHSA
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services



Visit www.whatadifference.samhsa.gov/native
to learn how you can help support a friend.